

SUMMER 2012  
WEEK

7

July 9- July 13

# Irving Recreation Center Day Camp Newsletter

## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Pack a sack lunch for your child in an insulated container. Microwave use will not be an option.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your camper's name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

402-441-7954

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## Grades K-2

### Citizenship

This week our Pillar of Character that we're focusing on is Citizenship. We're trying to help the campers realize that we all need to be good citizens and help out not only our community, but also our world. At home you can help us help the Earth: Reduce, Reuse, and Recycle!

### THIS WEEK'S HIGHLIGHTS

#### Monday

In the morning we will be doing fitness tests. From 11:30-1:00 we will go swimming at Irvingdale Pool. Please bring your swimsuit, towel, and sunscreen. In the afternoon we will be doing centers.

#### Tuesday

In the morning we will be playing active and inactive games. We'll have tennis lesson from 11:15-12:00 pm. In the afternoon we'll be having clubs and fitness tests.

#### Wednesday

In the morning we'll do stretching and active games. From 11:30-1:00 we will go swimming at Irvingdale Pool. Please bring your swimsuit, towel, and sunscreen. In the afternoon we will be doing centers.

#### Thursday

We leave at 9:00 a.m. for the Omaha zoo and will be there all day. We will return to the center at approximately 4:30 p.m. Please send your camper with a small backpack or bag to carry their lunch in. A brown bag lunch is recommended, so they can just throw it all away. Tennis shoes are also a must since we will be walking around the zoo all day.

#### Friday

In the morning we'll be doing a character lesson and a club. In the afternoon we'll be walking to the library and playing inactive games. Please send your camper with a library card if possible. Campers are not allowed to share their library card with a friend.

### Fitness Focus: Cardiovascular Endurance

-Alexa, K-2 Camp Director

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